

**Regional Camp  
Okanagan**



**Teck**

**Camp Notice:**  
**Teck Okanagan Regional On-Snow Camp**

**Host Club:** Revelstoke Nordic Ski Club

**Regional Coach:** Matthew Smider ([coach@revelstokenordic.org](mailto:coach@revelstokenordic.org); (250) 683-9012). Provincial Coach Chris Manhard will also be attending the camp.

**Dates:** Friday, November 24th to Sunday, November 26th. Camp has a full participation policy and participants are expected to stay through entire camp.

**Eligibility:** Skiers born 2005 – 2009. Athletes born in 2009 must have designated parent / guardian accompaniment.

**Location:** Silver Star Mountain, Vernon, BC

**Accommodation:** We will have athletes and coaches staying at both the Pinnacles Suite Hotel (9885 Pinnacles Rd) and Vance Creek Hotel (Silver Lode Ln).

**Camp Begins:** 6pm on Friday, November 24th. Please arrive on time. Dinner will not be provided on Friday, so please come fed or prepared to make your own meal.

**Camp Ends:** 1pm on Sunday, November 26th. Lunch will be served prior to end of camp.

**Registration:** Eligible athletes, coaches and coach helpers may register on [zone4.ca](http://zone4.ca) from Monday, October 16th through Monday, October 23rd or until full. Registration will be open to 48 athletes, plus coaches and coach helpers. To register click on:  
<https://zone4.ca/register.asp?id=16480&lan=1&cartlevel=1>

**Camp Fee:** \$205.00 athletes; Free for coaches (L2T-trained); \$110 for coach helpers (not L2T-trained). Includes online processing fees; accommodation for Friday and Saturday nights; Saturday breakfast, lunch and dinner and Sunday breakfast and lunch; trail passes for Saturday and Sunday; and a CCBC Teck hat.

**Packing List:**

- Towel
- Ski, boots and poles for classic and skate skiing (rock skis may be best)
- Basic tools (scraper, cork) and basic grip waxes

- On-snow training attire
- Outdoor clothes for winter conditions
- Running shoes
- HR monitor (if you own one)
- Personal hygiene items
- Water bottle and carrier
- Head lamp
- Unparalleled enthusiasm for getting on snow!

*Looking forward to seeing everyone at camp! Please direct any questions to [coach@revelstokenordic.org](mailto:coach@revelstokenordic.org).*